



How Much Sugar?

Name: _____ Date: _____

Directions: Use this worksheet to calculate the total sugar (in teaspoons) for each beverage.

Helpful Hints: 4 grams of sugar = 1 teaspoon of sugar
1 sugar cube represents 1 teaspoon of sugar

Added Sugars List: Anhydrous dextrose, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (e.g., peach nectar, pear nectar), raw sugar, sucrose, and sugar.

Beverage #1 Name: _____

1. Calculate the Total Sugar (in teaspoons) for each drink:

a. Sugar per serving X Number of servings in drink = **Grams of Total Sugar**
_____ gm _____ gm

b. **Grams of Total Sugar** ÷ 4 gm per teaspoon = **Teaspoons of Total Sugar per drink**
_____ gm of sugar _____ tsps

2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag.

3. Label the bag with the name of your drink.

4. Review the Ingredients List and write down forms of added sugar:

Beverage #2 Name: _____

1. Calculate the Total Sugar (in teaspoons) for each drink:

a. Sugar per serving X Number of servings in drink = **Grams of Total Sugar**
_____ gm _____ gm

b. **Grams of Total Sugar** ÷ 4 gm per teaspoon = **Teaspoons of Total Sugar per drink**
_____ gm of sugar _____ tsps

2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag.

3. Label the bag with the name of your drink.

4. Review the Ingredients List and write down forms of added sugar:

Helpful Hints: 4 grams of sugar = 1 teaspoon of sugar
1 sugar cube represents 1 teaspoon of sugar

Added Sugars List: Anhydrous dextrose, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (e.g., peach nectar, pear nectar), raw sugar, sucrose, and sugar.

Beverage #3 Name: _____

1. Calculate the Total Sugar (in teaspoons) for each drink:

a. Sugar per serving X Number of servings in drink = **Grams of Total Sugar**
_____ gm _____ _____ gm

b. **Grams of Total Sugar** ÷ 4 gm per teaspoon = **Teaspoons of Total Sugar per drink**
_____ gm of sugar _____ tsps

2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag.

3. Label the bag with the name of your drink.

4. Review the Ingredients List and write down forms of added sugar:

List your beverages, from lowest to highest, in total grams of sugar per container:

1. Lowest: _____

2. _____

3. Highest: _____

